

Full Report (All Nutrients) 11797, Mushrooms, white, cooked, boiled, drained, with salt

Report Date: January 22, 2016 11:24 EST

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.48 Fat Factor: 8.37 Protein Factor: 2.62 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup pieces 156g	1 tbsp 9.8g	1 mushroom 12g
Proximates							
Water	g	91.08	--	--	142.08	8.93	10.93
Energy	kcal	28	--	--	44	3	3
Energy	kJ	117	--	--	183	11	14
Protein	g	2.17	--	--	3.39	0.21	0.26
Total lipid (fat)	g	0.47	--	--	0.73	0.05	0.06
Ash	g	0.99	--	--	1.54	0.10	0.12
Carbohydrate, by difference	g	5.29	--	--	8.25	0.52	0.63
Fiber, total dietary	g	2.2	1	--	3.4	0.2	0.3
Sugars, total	g	2.34	--	--	3.65	0.23	0.28
Minerals							
Calcium, Ca	mg	6	--	--	9	1	1
Iron, Fe	mg	1.74	--	--	2.71	0.17	0.21
Magnesium, Mg	mg	12	--	--	19	1	1
Phosphorus, P	mg	87	--	--	136	9	10
Potassium, K	mg	356	--	--	555	35	43
Sodium, Na	mg	238	--	--	371	23	29
Zinc, Zn	mg	0.87	--	--	1.36	0.09	0.10
Copper, Cu	mg	0.504	--	--	0.786	0.049	0.060
Manganese, Mn	mg	0.115	--	--	0.179	0.011	0.014
Selenium, Se	µg	13.4	--	--	20.9	1.3	1.6
Vitamins							
Vitamin C, total ascorbic acid	mg	4.0	--	--	6.2	0.4	0.5
Thiamin	mg	0.073	--	--	0.114	0.007	0.009

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup pieces 156g	1 tbsp 9.8g	1 mushroom 12g
Riboflavin	mg	0.300	--	--	0.468	0.029	0.036
Niacin	mg	4.460	--	--	6.958	0.437	0.535
Pantothenic acid	mg	2.160	--	--	3.370	0.212	0.259
Vitamin B-6	mg	0.095	--	--	0.148	0.009	0.011
Folate, total	µg	18	--	--	28	2	2
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	18	--	--	28	2	2
Folate, DFE	µg	18	--	--	28	2	2
Choline, total	mg	20.4	--	--	31.8	2.0	2.4
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	0	--	--	0	0	0
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.02	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.2	--	--	0.3	0.0	0.0
Vitamin D2 (ergocalciferol)	µg	0.2	--	--	0.3	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	8	--	--	12	1	1
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0	0.0
Lipids							
Fatty acids, total saturated	g	0.061	--	--	0.095	0.006	0.007
10:0	g	0.001	--	--	0.002	0.000	0.000
12:0	g	0.005	--	--	0.008	0.000	0.001
14:0	g	0.002	--	--	0.003	0.000	0.000
16:0	g	0.030	--	--	0.047	0.003	0.004
18:0	g	0.010	--	--	0.016	0.001	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup pieces 156g	1 tbsp 9.8g	1 mushroom 12g
Fatty acids, total monounsaturated	g	0.008	--	--	0.012	0.001	0.001
18:1 undifferentiated	g	0.007	--	--	0.011	0.001	0.001
Fatty acids, total polyunsaturated	g	0.183	--	--	0.285	0.018	0.022
18:2 undifferentiated	g	0.179	--	--	0.279	0.018	0.021
18:3 undifferentiated	g	0.001	--	--	0.002	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Tryptophan ¹	g	0.024	--	--	0.037	0.002	0.003
Threonine ¹	g	0.075	--	--	0.117	0.007	0.009
Isoleucine ¹	g	0.053	--	--	0.083	0.005	0.006
Leucine ¹	g	0.084	--	--	0.131	0.008	0.010
Lysine ¹	g	0.075	--	--	0.117	0.007	0.009
Methionine ¹	g	0.022	--	--	0.034	0.002	0.003
Cystine ¹	g	0.009	--	--	0.014	0.001	0.001
Phenylalanine ¹	g	0.060	--	--	0.094	0.006	0.007
Tyrosine ¹	g	0.031	--	--	0.048	0.003	0.004
Valine ¹	g	0.163	--	--	0.254	0.016	0.020
Arginine ¹	g	0.055	--	--	0.086	0.005	0.007
Histidine ¹	g	0.040	--	--	0.062	0.004	0.005
Alanine ¹	g	0.140	--	--	0.218	0.014	0.017
Aspartic acid ¹	g	0.137	--	--	0.214	0.013	0.016
Glutamic acid ¹	g	0.241	--	--	0.376	0.024	0.029
Glycine ¹	g	0.064	--	--	0.100	0.006	0.008
Proline ¹	g	0.054	--	--	0.084	0.005	0.006
Serine ¹	g	0.066	--	--	0.103	0.006	0.008
Other							
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

¹Mushroom Council National Food and Nutrient Analysis Program Wave 9b, 2004 Dublin CA